

# Health Professional and Symptom Matrix



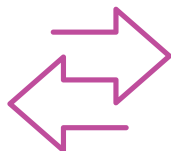
\*Rows in yellow denote that referrals are likely required

Health Professional or Clinic	Symptom or Concern																
	Anxiety	Assistive Technology/ Equipment Aids	Bladder/ Bowel Control	Depression	Eating/ Swallowing	Fatigue	Low Bone Density/ Fracture Risk	Medication	Mobility, Strength, Falls	Nutrition	Pain	Respiratory and Breathing Issues	Self-Care	Sexual Health	Sleep Issues	Spasticity and Muscle Tightness	Other:
GP	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
Physiotherapist		✓	✓			✓	✓		✓		✓	✓	✓		✓	✓	
Occupational Therapist	✓	✓		✓	✓	✓							✓	✓	✓		
Speech Pathologist		✓			✓					✓		✓					
Neurologist								✓									✓
Rehab Physician			✓			✓		✓	✓		✓						✓
Exercise Physiologist						✓			✓		✓						✓
Psychologist	✓			✓		✓							✓	✓			
Podiatrist		✓						✓	✓		✓		✓				
Dietitian			✓		✓					✓							
Endocrinologist							✓										
Pain Clinic								✓			✓						
Continence Clinic			✓														
Respiratory Clinic												✓			✓		
Sleep Clinic												✓			✓		
Other:																	
Other:																	

## What can a person with cerebral palsy do about the premature symptoms of ageing?



Talk to their GP or other trusted health professional about the changes or symptoms they are noticing.



As part of the discussion, they should also mention any recent lifestyle changes. These could be related to family, work, relationships, or even daily/weekly routines.



Have their GP check for any underlying conditions that may not be associated with cerebral palsy.



Discuss any cerebral palsy-related symptoms with their GP to see if other health professionals could help.

## How to know which type of health professional to see?

The premature symptoms of ageing can be diverse and affect everyone differently.

The Health Professional and Symptom Matrix on the other side of this page lists *some* of the possible symptoms, along with health professionals and clinics that *could* potentially help. For a particular symptom, there might be one or more health professionals who could help. Note that the matrix is not an exhaustive list of symptoms nor health professionals. In addition, make sure that the health professional has experience in working with adults with cerebral palsy before scheduling an appointment.



**As an example, suppose an adult with cerebral palsy is experiencing the following symptoms:**

- an overall decline in mobility and strength and is falling more often
- feeling fatigued more easily
- experiencing pain more often
- finding self-care increasingly difficult.

They could then discuss these issues further with their GP, and based on these discussions their GP could use the matrix to recommend the following:

- See a **physiotherapist** with expertise in cerebral palsy for muscle-strengthening exercises and possible assessment for a mobility aid.
- See a **rehabilitation physician** to explore whether any medications could help reduce spasticity and/or pain.
- See an **occupational therapist** to help address fatigue and self-care issues, as well as for possible assessment for assistive technology.

These health practitioners could then work with the individual and their GP to develop a comprehensive strategy for managing the premature symptoms of ageing.



If you have questions or suggestions on how the matrix can be improved, please contact [info@cerebralpalsyaustralia.com](mailto:info@cerebralpalsyaustralia.com)

